

Cheektowaga Central High School

Monthly Bulletin

"Where Character, Curriculum & Community Connect"

October, 2023



PRINCIPAL'S CORNER

The month of October has several events including National Red Ribbon Week. In 1985, DEA Special Agent Enrique "Kiki" Camarena was tortured and killed in Mexico. After his murder, parents & youth in communities across the country began wearing red ribbons as a symbol of their commitment to raise awareness of the destruction caused by drugs in America. In 1988, the National Family Partnership sponsored the first National Red Ribbon campaign and it has continued annually since. It serves as a catalyst to mobilize communities to educate youth about drugs. This year's theme "*Be Kind to Your Mind. Live Drug Free.*" was chosen as a reminder that everyday Americans across the country make significant contributions to their communities by being the best they can be because they live drug free. Please take the time to talk with your children about the dangers surrounding all drugs, even prescribed ones. If you need help, reach out to our Student Support Services. There are many online resources available also.

<https://nida.nih.gov/research-topics/parents-educators>

<https://www.samhsa.gov/find-help/national-helpline>

Mrs. Cyganovich

UPCOMING DATES AND EVENTS

- 10/06 - 5 week grades close
- Emergency Drill/Early Dismissal
- 10/07 - Adopt-A-Highway-Cleanup
- 10/09 - No School
- 10/10 - **Board of Ed meeting 6pm**
- 10/12 - Picture Retake Day*
- 10/12 - College Fair (during school)
- 10/13 - **PINK OUT**
- 10/16 - ASVAB (juniors)
- 10/23 - PSAT (for those who signed up)
- 10/23 - 10/27 **Red Ribbon Week**
- 10/26 - SAT (seniors)
- 10/25 - 11/3 1st Quarter Scrimmage
- 10/31 - Halloween Dress Up
- Senior Early Release

October Character Word
Optimistic

HIGH SCHOOL INFORMATION

Doors Open for Students	7:00 am
Warning Bell for 1 st Period	7:14 am
1 st Period Starts	7:17 am

HS Main Office	716-686-3601
HS Student Services	716-686-3634
HS Athletic Office	716-686-3659

Students need ID for all afterschool events

Optimism is essential to achievement and it is also the foundation of courage and true progress.

— NICHOLAS M. BUTLER

An optimist understands that life can be a bumpy road, but at least it is leading somewhere.

They learn from mistakes and failures, and are not afraid to fail again.

— HARVEY PEARCE



Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward.

— Nelson Mandela —

ALGUDTET



English Language Arts in September is a flurry of activities, including connecting with students, discussing summer reading, and crafting new writing.

Students in ELA 11 Honors just finished discussing their summer reading, *The Tragedy of Macbeth*. They completed one-word projects and character biographies.

Grade 11 Regents students have been reading short stories and creating central idea paragraphs they will need on their upcoming Regents Exam.

SUNY Erie students have just finished writing their college essays. Thirty-three scholars are taking EN100 for college credit this semester.



The HS Math Department welcomes our new addition, Allison Brunner, to the Math Team. She brings a breath of fresh air to the Math wing. The Math Department began the school year with a wealth of ice breakers and team building activities within the classrooms. We are looking forward to enhancing all of our students' Mathematical knowledge throughout the school year.



Earth Science students have been hard at work developing and using models to explain natural phenomena. A density column, can be used to simulate the formation of Earth's internal layers!

General Chemistry students used an app called Seek to identify different plant species that are growing near and around the campus. This research project was designed to inform the students about the plants and animals in the area.

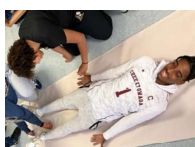
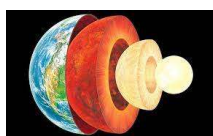
Forensics students have been researching criminal cases taken on by the Innocence Project, creating slideshows, and presenting the forensic evidence that exonerated the people they chose.

College Anatomy is finishing up Anatomical Terms and Movements with two projects: One is to label an outline of a body with the directional terms and the other is to create a slideshow of the starting and ending positions of different anatomical movements!



The Social Studies department celebrated Constitution Day, which commemorates the formation and signing of the U.S. Constitution by thirty-nine brave men on September 17, 1787. It is also a day to recognize the importance of citizenship. In US History classes as well as Participation in Government classes students examined the Preamble of our constitution to explore the purpose for government.

Students had an opportunity to express their opinions and had a critical examination of the document as they discussed some of the challenges that face our nation today. The discussions were informative and helped seniors who are in the Government class develop ideas for their public policy paper that is a required part of the course.

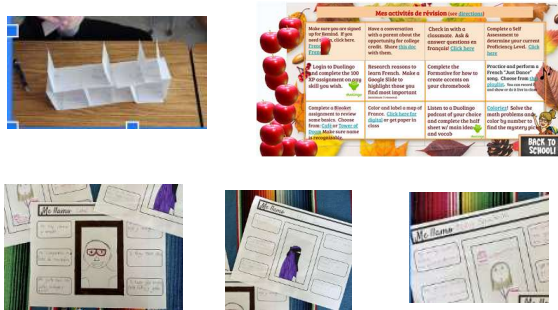




Students in all levels of World Languages kicked off the school year by sharing information about themselves and getting to know their classmates. They worked on “leveling up” their writing skills by riveting High Frequency Verbs and implementing new vocabulary words.

French 4 and 5 classes started the year with a “Choice Board” of review activities to help them start the year strong!

Spanish 2 students built towers of cards to discover things they have in common with classmates.



Mrs. Crumlish's *Studio in Art* classes completed their Half Radial Designs. Students had to create one half of a Radial Mandala and then find a partner to pair their completed work.

Studio in Art students are currently working on the Cheektowaga Central Logo Design.

Ceramics classes are finishing up their first clay projects. They were tasked with creating a textured clay tile. After they are bisque fired, students will glaze the tiles. Look for those next month!

Mrs. Forte's classes participated in the “Shoe Challenge.” Students were tasked to create a wearable shoe using just newspaper and tape.



Our new Rocket Drones class launched this September. Students practiced flying drones through various obstacles.



Esports is a school-approved video gaming team or program that combines an approximately equal number of students with and without intellectual disabilities. Our team currently has 12 students and they compete with schools across the country. Competition dates are:

- September 27th
- October 4th
- October 11th
- October 18th
- October 25th
- November 1st



STUDENT SERVICES

Counselors are currently meeting with Seniors to conduct Senior Reviews. Please reach out to your child's counselor with any questions/concerns.

Important October 2023 Dates:

- October 12 - WNY College Consortium (10:25 AM in HS Gym)
- October 16 - ASVAB Testing (11th grade)
- October 18 - AP Money due to Mrs. Nichols
- October 26 - SAT School Day
- October 30 - PSAT



Mr. Mowers and his Foundations of Music class have been jamming away on bucket drums this month. Students are learning how to keep a steady beat and tempo, as well as how to work like a team to sound as "one."



FAMILY & CONSUMER SCIENCE

Food and Nutrition students are off to a great start this semester! All groups successfully completed a measuring lab following a muffin recipe.



STUDENT AND CLUBS ORGANIZATIONS

Student Council and SADD organized CCHS's 1st ever Color Run to kick off Homecoming week.



Pep Rally Sept. 2023

Resident Teachers



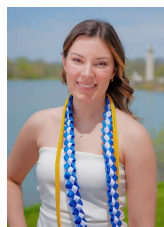
Mr. DeWald is thrilled to be joining the Cheektowaga Central team this year! He is currently a student in the University at Buffalo's Graduate School of

Education and will be serving as a year-long Teacher Resident in Mr. Marcussen's classroom. Mr. DeWald graduated from UB in 2022 with a Master's degree in History, an experience which galvanized his aspiration to teach social studies. He wholeheartedly believes that history helps us to not only make sense of our current conditions, but can also serve as a vessel through which we can enact equitable social change. Mr. DeWald believes that every student brings valuable knowledge and unique perspectives to the classroom. As a Teacher resident, he looks forward to a fun year helping students realize their full potential and build upon their inherent intelligence. Besides teaching, Mr. DeWald loves to read, write, play guitar, and spend time with friends and family. He is grateful to be spending this foundational year in an esteemed school among brilliant young minds!



Miss Dunn is looking forward to starting her teaching journey at Cheektowaga Central. She will be a full year resident student teacher in Mrs. Hy's U.S History classes. This is the last step in her process of becoming a

teacher, and is one that she is very excited about. She is originally from Long Island, New York. She lived there until she decided to go to the University at Buffalo. This is where she got her bachelor's degree in history, and is currently pursuing her master's degree in education. One of the reasons she chose education as her career path was due to inspiration from her family. Some of the closest people in her life are teachers, including her mom. Growing up, it was apparent to her the impact her mom had on the lives of her students. Witnessing this inspired Miss Dunn to pursue the same profession. Outside of the classroom, Miss Dunn loves to watch many forms of entertainment such as tv shows, movies, and Broadway plays. She also thinks that fall is the best time of year and is currently getting ready for spooky season. Overall, she is extremely grateful for this opportunity, and is enthusiastic about the year to come!



Miss Plantz is a recent graduate from the University at Buffalo with a degree in math. She is part of the UBTeach program, and is spending the year with Ms. Higgins as a teacher resident in order to

get her master's in education. She is a proud aunt to four, and a cat mom! In the classroom she strives to show students that math really isn't that scary – and anyone is able to succeed. When it's not Bills season, she enjoys golfing, Pilates, Power Yoga, and trying new restaurants (or visiting old favorites). Miss Plantz is very excited to spend her year with us at Cheektowaga Central, and hopes to not only teach but to learn from the students as well!



Mr. Young is excited to be back in the classroom! After teaching in Utah for nearly two years, he left in the middle of the pandemic to move to Buffalo in the spring of 2021. He earned his

Bachelor of Science in Atmospheric and Oceanic Science from the University of Wisconsin in 2018, and then started the University at Buffalo's Graduate School of Education. He plans on obtaining a certification in Earth Science Education in the fall of 2024. As a father to two young boys, he is constantly outdoors exploring and introducing his children to the wonders of our planet. He has lived in many places, from Washington state to Las Vegas to Utah to Wisconsin to Buffalo. The mountains are his home, but there is nothing like the trees here in WNY.

Parents

health.ny.gov/flu



Fight Flu

at Home and School

Influenza (flu), spreads easily and can make people very sick, especially kids. You can help stop flu!

Flu symptoms include:

Fever or chills, body aches, cough, sore throat, headache, runny or stuffy nose, feeling very tired. Some people, especially children, may have stomach problems and diarrhea. Unlike a cold, the flu comes on very suddenly.

Prevent flu!

- Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older.
- Get the flu vaccine for you and your children every year! It helps make flu sickness milder or prevents it altogether.
- Getting the vaccine early in the fall means you and your children will be protected when flu season starts.
- Make sure people close to your children, like babysitters and relatives, are also vaccinated.
- The vaccine is especially important for people with certain medical conditions like asthma, diabetes, and heart or lung disease, because the flu can make them even sicker.

If your child gets the flu:

- Your child will need plenty of rest and lots of fluids.
- Keep your child home from school for at least 24 hours after their fever is gone without using fever-control medicine. This helps avoid giving the flu to others.
- Talk with your child's health care provider before giving a child any over-the-counter medicine.
- Never give your child or teenager aspirin or any medicine that has aspirin in it. Aspirin can cause serious problems for children and teens.
- Young children and those with certain medical conditions, like asthma, diabetes, and heart or lung disease, are at greater risk for getting seriously ill from the flu.
- If your child gets flu symptoms and is younger than 5 or has a medical condition, call their health care provider and ask about antiviral treatment.
- If you are worried about your child, call their health care provider.

Don't spread flu!

- Wash hands often with soap and water for at least 20 seconds.
- If soap and water aren't handy, use an alcohol-based hand rub.
- Cough or sneeze into a tissue or your elbow, not your hands. Put used tissues in the trash.
- Avoid touching your eyes, nose, and mouth. That's how germs spread.
- Stay away from people who are sick.

<https://www.health.ny.gov/diseases/communicable/influenza/seasonal/>

Athletics

Varsity & JV Home Matches

10/02 – Girls Volleyball (W. Seneca E.)
 10/02 – Girls Tennis (W. Seneca E.)
 10/03 – Unified Volleyball (W. North) 5pm
 10/03 – Boys Soccer (Academy of Science)
 10/03 – Girls Swim (Amherst)
 10/03 – Girls Tennis (Maryvale)
 10/04 – Boys Volleyball (Olmstead)
 10/06 – Girls Volleyball (Pioneer)
 10/06 – V. Football (Health Sciences)
 10/07 – JV Football (Health Sciences)
 10/11 – Boys Volleyball (Hamburg)
 10/12 – Girls Volleyball (Tonawanda)
 10/13 – Unified Volleyball (Iroquois)
 10/13 – Boys Soccer (Wilson)
 10/14 – JV Football (South Park)
 10/17 – Girls Volleyball (Will South)
 10/19 – Girls Volleyball (Maryvale)
 10/20 – Boys Volleyball (Amherst)
 10/21 – JV Football (Maryvale)
 10/24 – Unified Volleyball (Starpoint) 5pm



October							2023
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 R: Science, Social Studies & PE	3 R: Math, Specials & PE	4	5 R: ELA & PE	6 5-week grades close R: World Lang & PE Emergency Dill Early Dismissal	7 Adopt-A-Highway Cleanup	
8	9 No School	10 BOE mtg 6pm R: Math, Specials & PE	11	12 College Fair 10:15 - 10:55 Picture Retake Day R: ELA & PE	13 Pink Out R: World Lang & PE	14	
15	16 ASVAB R: Science, Social Studies & PE	17 R: Math, Specials & PE	18	19 R: ELA & PE	20 R: World Lang & PE	21	
22	23 PSAT R: Science, Social Studies & PE	24 R: Math, Specials & PE	25	26 SAT 1st Quarter Scrimmages Red Ribbon Week R: ELA & PE	27 R: World Lang & PE	28	

OCTOBER VOLUNTEER OPPORTUNITIES

Making Strides Against Breast Cancer of Buffalo Walk

October 14, Check In 8:30am, Walk Begins 10am

Lakeside Bike Path. 901 Fuhrmann Blvd, Buffalo, NY

Sign up to volunteer at: secure.acsevents.org/site/STR?fr_id=103203&pg=personal&px=57302068

Clothing, Donation, & Receiver Team Member (Thrift Store)

576 Dick Rd., Depew, NY

Sign up to volunteer at: buffalocitymission.org/take-action/volunteer/

Friends of the Night

94 Hudson Street, Buffalo, NY 14201

Serving dinner daily from 5-7pm. We ask that volunteers arrive between 4:30 and 4:45 p.m. You are out by 7:15 p.m. Opportunities include sorting clothing, hanging up clothing, checking in clients, serving food, serving beverages, helping prepare the next night's meal, cleaning, etc.

Interested? Call (716) 884-5375

Social Media/Online Presence Manager

Looking for someone to run our social media platforms.

Interested? Email Carolyn Case at ccase@peaceprintswny.org

Classroom Volunteer at Danceability

2365 George Urban Blvd., Depew, NY

Danceability, Inc., a non-profit dance studio for children and adults with special needs is looking for classroom volunteers to work with our dancers throughout the upcoming dance season. Opportunity can fulfill community service hours.

Interested? Email danceabilitywny@gmail.com subject "Classroom Volunteer"

Cheektowaga Youth Engaged in Service Program (Y.E.S.)

The Y.E.S. program offers young people, ages 12-18, the opportunity to volunteer in a wide range of community services projects.

Interested? Call (716) 897-7207 ext. 6655

www.justserve.org

www.volunteerwny.org

www.volunteermatch.org

